

The French Retreat  
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Thank you for your interest in hosting a retreat at The French Retreat.

### **Accommodation:**

The French Retreat is a former Cognac making estate comprising a manor house and a large converted barn surrounding a walled courtyard. There is an indoor 70m<sup>2</sup> yoga studio, an outdoor South East facing 70m<sup>2</sup> yoga deck, 10mx5m swimming pool, 11 bedrooms, 10 bathrooms, 3 bell tents, dining room, covered outdoor dining area and salon.

**La Grange** (the converted Barn) contains the yoga studio and 6 twin bedrooms all with en-suite bathrooms and a kitchenette, and **La Loge** (the manor house) has 5 bedrooms: 3 double first floor bedrooms - one with an en-suite shower room and the other two sharing a large family bathroom and 2 attic twin bedrooms.

The attic bedrooms share a bathroom (toilet, shower, basin). There is also a separate toilet in the attic, and one of the bedrooms has a basin too.

The rooms in the house are an offer once the 12 beds in La Grange have been filled or can be a separate space for facilitators.

For any retreats with more than 16 guests we offer 3 furnished single occupancy bell-tents sharing their own bathroom.

To see the floor plans and pictures of bedrooms follow this link: [www.retreat.fr/grid](http://www.retreat.fr/grid)

We are flexible with the accommodation and move beds around to cater for gender split etc but for workshops we generally accommodate up to 20 guests sharing and one or two facilitators in a private room.

### **The cost to host a retreat in this space**

We offer two tiers depending on the sort of course you are running, whether or not you have more than one facilitator or an assistant and of course the expectations of your guests.

#### **Spa Package £125 pppn sharing**

- Minimum 8 people, with single occupancy at no extra charge if space permits, up to 10 guests, then sharing.
- Free facilitator place per 8 guests.
- Beds made up with Egyptian cotton sheets.
- Towel bundle to include bath towel, pool towel (when pool is open), hand towel, flannel. Fresh towels midweek for retreats of 5 days or over.
- Luxury (eg Faith in Nature Vegan/Cruelty Free) shampoo, conditioner and shower gel in showers.
- Bathrooms cleaned daily & studio swept and mopped.
- Fresh flowers in studio
- Shopping, running errands for your guests and handling all their requests
- Co-ordinating/booking airport transfers with your guests (payment remains with them or you, but we guarantee to source English speaking drivers at much lower prices than airport taxis)
- Free pick up and drop from Chalais train station.
- Welcome apéritif on the first evening.

## **Community package £90 pppn sharing.**

### **Minimum 8 people.**

This package is for the rental of rooms and the group space plus the provision of meals. The responsibility for your guests lies with you, for arranging and coordinating their transfers, meeting and greeting them, handling their day to day requests and issues (eg emergencies, illnesses, handling any extra charges e.g. wine and special diets).

- Bed made up on arrival plus bath towel; hand towel and bath mat per bathroom.
- Shampoo, shower gel and soap in bathrooms.
- Vegetarian meals, fixed meal times; teas, coffee & biscuits provided.

### Discount

- We offer a discount of 10% on all the listed rates for bookings between 4 November-21st December & 6 January-29th February.
- A 5% discount applies for bookings in October, March & April.

## **Option Three**

La Grange self-contained unit hire is £2200 per week (with mid and low season discounts). This option is if you wish to self-cater or eat out and includes beds made up on arrival. There are 6 en-suite two rooms in La Grange, an 100 m2 yoga studio, and a small open-plan kitchenette. The kitchenette is not suitable for a full catering service but is appropriate if the guests would be having most meals in local restaurants.

## **The terms:**

### **How do I book?**

Firstly book a time to discuss your plans with Emma [here](#). We then agree on the dates you would like to be blocked out for you.

You then have six weeks to gauge the interest in your retreat, and take some early bird bookings. Six weeks after agreeing dates you pay a deposit of 25% of the booking price of room and board for eight people. On 1st January of the year of your retreat another 25% is due.

Two months before the workshop start date you confirm the number of clients that have been booked, the package you would like and the final invoice is due. You can add people after that point if you have last minute bookings of course.

For rental of La Grange only the deposit is 50% of the rental price on booking.

### Facilitator rates:

On the Spa package we offer one free host teacher place per 8 students for all food/accommodation plus arrival the day before the workshop if desired.

For the Community Package we offer one free host teacher place per 12 students.

We are happy to offer storage of your materials if you send them ahead.

## **Equipment**

- We have yoga mats, blocks, belts, blankets, candles, incense, tea light holders. Flip chart, with paper and pens, projector.

## **Airport Transfers**

- We can book a shuttle service from Bordeaux airport. A English-speaking minicab is from €150. Airport taxis are upward of €300, Uber is much better value.

**Public transport:** There is an airport shuttle bus from Bordeaux airport to Bordeaux St John station, priced €8 which takes half an hour (timetable here: <https://30direct.com/horaires/>) or a public bus, Line 1, which takes an hour and costs €2. Trains from Bordeaux St John station to Chalais is on a direct line, but there are only 2 or 3 a day. They cost £15.26 and tickets can be purchased on the trainline app.

Extras:

- Special diets eg gluten free, dairy free, FODMAP; £12 per person per day. This is for the price of special ingredients (some of which we need to import) and to cover the cost of the cook preparing special meals.
- Wine corkage (if guests bring their own wine) including hire and washing up of wine glasses and bottle recycling: €2 per bottle.
- Damage deposit €300

### **Linens**

- Pool towel hire £2 per towel (free for Spa Package)
- Change of sheets: €15
- Replacement towel bundle €5
- Laundering duvet €10
- Laundry including powder and soft rinse: €5 per 6kg load returned wet for you to hang up. €10 returned dry and folded.
- Wheelbarrow of logs €10 (free for Spa Package)
- Bonfire/fire pit €50 (free for Spa Package)
- Hire of massage table and a dedicated room for treatments €50 per day (free for Spa Package)
- Supermarket purchases, item cost plus €1 per item (free for Spa Package)
- Printing €1 per page

### **Other things to note.**

#### **We are closed 21 December-5 January**

This is a retreat centre not a hotel. We are not able to offer a 24 hour service.

Staff hours are from 1 hour before breakfast - 1.5 hour after dinner, ie usually 7am-9pm. We cannot accept arrivals after 9.30pm (i.e. if your guests flights land after 7.30pm they will need to stay in an airport hotel and travel to The French Retreat the next day.)

If guests wish to consume alcohol we ask that they are respectful of others and are quiet in the house or La Grange after 10pm. Smoking is permitted outside, away from the door areas, and guests are requested to use an ashtray.

### **Animals**

We have two cats. We do our best to keep them out of the house and La Grange but guests need to keep bedroom doors and window shut to keep them out. Please advise if any guests have a cat allergy and we can allocate them an upstairs barn bedroom which will reduce the risk of an unwanted visitor. They do act like cats and chase and eat mice, we do our best to prevent this but unfortunately this is not always possible.

